



# DAVIS COUNTY HEALTH DEPARTMENT

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**For Immediate Release:**  
Thursday, March 22, 2012  
DCHD NR 2012-003

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## News Release

### Davis County Offers Caregiver Educational Classes

(Clearfield, Utah) – Davis County Health Department's Family Caregiver Support Program is offering a six-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

Presenters will discuss various topics such as improving memory, coping with stress, creating a family care plan, and cooking simple meals.

The one hour classes will be offered on Tuesdays starting April 3 at Legacy Village Retirement Living dining room (1201 N. Fairfield Road, Layton) at noon or Fridays starting April 6 at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. The class series ends Tuesday, May 8, or Friday, May 11. A complimentary lunch is provided but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

For more information or to RSVP for lunch, contact Megan Forbush at (801) 525-5088.

Davis County Health Department's Senior Services thanks the following agencies for helping to sponsor these classes: Legacy Village, Golden Years Senior Activity Center, South Davis Home Health and Hospice, Life Care Center of Bountiful, Thatcher Brook Home Health and Hospice, At Home Nursing and Personal Care, Senior Care Compare, and Dignity Home Health and Hospice.

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Caregiver classes scheduled at the Legacy Village, Layton:

Date	Topic	Presenter
Tuesday, April 3, noon	Improving Memory	Michelle Johnson – Thatcher Brook
Tuesday, April 10, noon	How to Cope with Stress	Randy Swartwood – At Home Nursing and Personal Care
Tuesday, April 17, noon	Creating a Family Care Plan	Scott Meyer – Senior Care Compare
Tuesday, April 24, noon	Positive Ways to Prepare for Death	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Tuesday, May 1, noon	Cooking Simple Meals	Beth Lewis – Life Care Center of Bountiful
Tuesday, May 8, noon	Care Partnerships: Helping Families Give and Receive Care	Diedra Kearney – Dignity Home Health and Hospice

Caregiver classes scheduled at the Golden Years Senior Activity Center, Bountiful:

Date	Topic	Presenter
Friday, April 6, 11:30 a.m.	Improving Memory	Michelle Johnson – Thatcher Brook
Friday, April 13, 11:30 a.m.	How to Cope with Stress	Randy Swartwood – At Home Nursing and Personal Care
Friday, April 20, 11:30 a.m.	Creating a Family Care Plan	Scott Meyer – Senior Care Compare
Friday, April 27, 11:30 a.m.	Positive Ways to Prepare for Death	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Friday, May 4, 11:30 a.m.	Cooking Simple Meals	Beth Lewis – Life Care Center of Bountiful
Friday, May 11, 11:30 a.m.	Care Partnerships: Helping Families Give and Receive Care	Diedra Kearney – Dignity Home Health and Hospice

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